

NEW CHEETHAM MURAL DESIGNED BY YOUNG PEOPLE

A new mural has been unveiled in Cheetham. Manchester-based artist "Oskar with a K" created this beautiful piece, as part of Art for Estates, which brings mural artwork to built-up areas.

Manchester City Council's Neighbourhoods Team worked with Global Street Art Organisation and Hope for Cheetham, to design a mural that represented the community.

Due to the strong partnership of youth work in the area, the community decided on the words "Hope for Cheetham" for the mural and asked to have 2 themes: Nature and Words of Positivity.

Young people from the Hope for Cheetham youth groups, parents and youth group leaders, all came together to design leaves with positive words on for the mural. Words such as love, hope, achieve and support were chosen.



"Oskar with a K" has also completed a previous mural in Cheetham, in collaboration with Young Manchester. Find out more about the Manchester-based artist on oskarwithak.com

Community Cohesion in Cheetham and Crumpsall

This issue has a theme of community cohesion - local people and organisations (including faith groups, NHS, police and local charities) are working together to strengthen relationships.

Read about an interfaith Chinese New Year

celebration on page 3, Stronger Together Community Fund on page 8 and page 12 explains how the Manchester Jewish Museum is working with Jewish and Muslim communities to support collective healing, through art, food and conversation after the terrorist attack in Crumpsall.

Inside this issue of We Love Cheetham and Crumpsall...

We cover healthy lungs, bowels and hearts on pages 4 to 7, share ideas about how to be creative and outdoorsy on pages 9 to 12, and have lots of articles about local groups and initiatives working to strengthen between communities. We have lots of information about what's on for young people, older people and people experiencing homelessness.

Welcome

خوش آمدیداً 歡迎 İЛаскаво просимо স্বাগতম Soo dhowow
Hoş geldiniz أهلاً و سهلاً Welkom ようこそ Wilujeng sumping
Witamy Bine ați venit 歡迎光臨 Karibuni ברוכים הבאים

Welcome to the 24th issue of our community newspaper for Cheetham and Crumpsall.

We have articles from local services and voluntary, community, faith and social enterprise organisations, along with updates about activities and lots of other wonderful stuff happening across the neighbourhood.

Our aim with this community paper is to bring smiles and updates to you. If you have any good news, opportunities and events that are taking place in Cheetham and Crumpsall, please send them to us. We would love to share it in this paper, in the hope that we can pass on all the good news in M8.

Please send contributions to:  Dave.Bradley@mft.nhs.uk
Lizzie.Hughes@mft.nhs.uk

Interested in joining the editorial team?

We are always looking for new contributors and fresh ideas. Please get in touch.

Need a copy delivering?

If you're unable to access the paper from one of our community venues, we can deliver to you for free.

MEET THE EDITORIAL BOARD



Marysia Bocquet
North Manchester Community Partnership
E: marysia@nmcp.org.uk



Lizzie Hughes
Manchester Local Care Organisation
E: Lizzie.Hughes@mft.nhs.uk



Tommy Williams
Manchester City Council
E: tommy.williams@manchester.gov.uk



Katharine Irwin
Manchester Local Care Organisation
E: Katharine.Irwin@nhs.net



Mohammed Ali
Communities For All
E: info@c4all.org.uk



Dave Bradley
Manchester Local Care Organisation
E: dave.bradley@mft.nhs.uk



Sharon Thomas
New Testament Church of God
E: admin@ntcgtf.org.uk



Emma Sims
Young Manchester
E: e.sims@youngmanchester.org



Amer Salam
Local Resident
E: amersalam10@outlook.com

Sue Shave

Interim CEO Manchester Jewish Museum

Guest editor for issue 24



Hi everyone

I am delighted to join the team at the brilliant Manchester Jewish Museum as Interim CEO for a few months to cover new CEO Gemma's maternity leave.

I have been part of the heritage sector for over 35 years, working in museums all over the UK and work with queer heritage projects in the NW as part of my queer heritage consultancy.

I am very proud to be part of the Museum's community cohesion programmes bringing all our communities together and look forward to meeting you all.

- Sue

Cheetham and Crumpsall news

Do You Want To Advertise In This Paper?

We always welcome contributions to the Cheetham and Crumpsall newspaper. If you would be interested in advertising with us, we would love to hear from you.

There is a small fee to advertise with us as this volunteer-run paper is funded by advertising and grants. **We do not charge for news articles.**

- The set prices for voluntary, community, faith and social enterprise sector organisations to advertise with us are £50 for half a page and £100 for a whole page.
- The set prices for businesses to advertise with us are £250 for half a page and £500 for a whole page.
- Bespoke advertising options are also available upon request.

ADVERTISE HERE



How many people will see your advert?

- 2000 printed copies are available for free in community venues across Cheetham and Crumpsall, including schools and the library
- Hundreds of people read the paper online and download previous editions from the Manchester Local Care Organisation website.

Please note: requests to advertise must be approved by the editorial team.

For more information, contact

Lizzie.Hughes@mft.nhs.uk or

Dave.Bradley@nhs.net

Chinese New Year and Valentine's Day celebrations at the Welcome Centre

Over 30 women from the Trailblazer program came together at the Welcome Centre, Brentfield Avenue on 17th February to jointly celebrate Valentine's Day and the Year of the Fire Horse in this year's Chinese New Year.

It was very much a cultural day which involved demonstrations of how to make Chinese dumplings and other traditional Chinese New Year dishes such as hot and sour soup, noodles and sesame Smiling cookie balls. Participants also brought their own national dishes – lamb and rice, noodles, plantain, chicken, peanut cake, mango pudding, spring rolls, chai, curry puffs and more.

Everyone sat down to a veritable feast, at the same time finding out how Chinese New Year is celebrated, taking part in a quiz and bingo and a friendly competition to see who could make 5 dumplings the most quickly. Prizes were given to the winners. A lot of fun was had by all in a warm and relaxed atmosphere and the ladies were able

to take home a souvenir of the day from the photo booth which was set up for 'Galentines' celebrating women supporting each other.



Asthma Update

Breathing Easier in Cheetham and Crumpsall

In 2025, Young Manchester and Malandra Jacks worked with a group of young people from Abraham Moss High School to imagine a better future for young people with asthma.

Breathe Easy was a project designed by Young Manchester to support young people with poorly-controlled asthma. It aimed to understand some of the challenges they face. Through this experience, we engaged an amazing cohort of 13 young people aged 11-15 who live and study across Cheetham and Crumpsall.

Based on their experiences, we designed a human-sized inhaler in collaboration with Malandra Jacks, a local creative facilitation group, and Tom, a local set-designer. This human-sized inhaler is all about empowering young people to learn about asthma in a creative, fun and engaging way.

The inhaler is a truly unique and special resource powered by real stories and real experiences of asthma. We've worked with the young people to capture their stories, and with health professionals to capture their advice to curate an interactive and educational resource rooted in lived experience for the community.

In the inhaler, you can find real inhalers of the past (including ones from the 1900's), characters who live with asthma and two designs from the inhalers of the future competition we ran during the project.

The inhaler soon will be going on mini tour around Cheetham Hill and Crumpsall, you can get a peek at the local library, a local school or even a local health centre!

If you would like see the inhaler, please email Hasaan: h.amin@youngmanchester.org

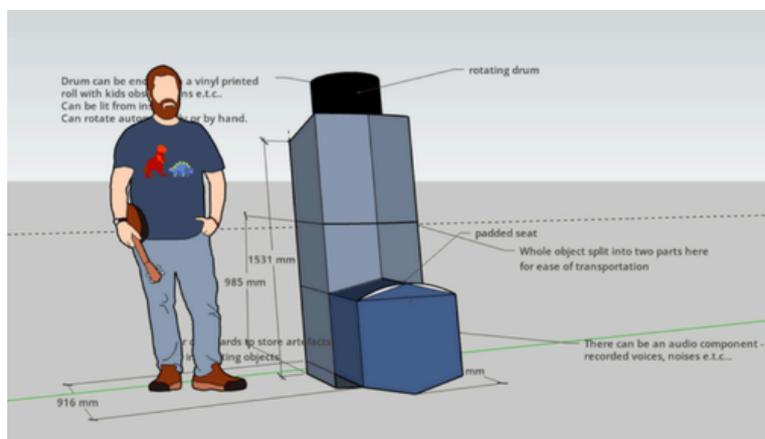
For more information or support with managing your child's asthma, visit: gmintegratedcare.org.uk/childhood-asthma



A child with asthma



Hassan taking a seat on the giant inhaler



The image above image shows the technical drawing for the design of the giant inhaler.

Be Smoke Free Manchester

Helping Manchester Live Healthier, Smoke-Free Lives

Why support matters

Many people try to quit smoking using willpower alone, but research shows that this is often the hardest route. Using the right medication alongside behavioural support can make someone up to **three times more likely to quit successfully**. That's where our team comes in.

The financial benefits of quitting

With the rising cost of cigarettes, stopping smoking doesn't just improve your health, it can transform your finances.

Someone who smokes 20 cigarettes a day could **save over £4,600 a year by going smoke free**.

Choose your preferred approach

Every person who joins our service gets the option to choose between:

- our 12-week Swap To Stop program
- or the allocation of their own personal tobacco addiction specialist nurse.

About the tobacco addiction specialist nurse

These specialist nurses offer regular, one-to-one behavioural support. This is usually through convenient fortnightly telephone appointments.

About our 12-week swap to stop program

Our 12-week treatment programme includes:

- Free nicotine replacement therapy
- Stop smoking medications
- Access to vapes as part of an evidence-based quit attempt
- No need for a GP appointment or prescription
- All medications delivered directly to the person's home.



Images from Be Smoke Free events

Our impact last year

We are proud of the difference Be Smoke Free Manchester continues to make. Last year:

- 71% of people referred to the service chose to accept support and register
- 58% of those registered went on to set a quit date
- 43% of those who set a quit date successfully quit at four weeks

Get help or refer someone today

Referrals can be made directly by professionals, or individuals can self-refer.

☎ 0161 823 4157

✉ community.bsffmanchester@cgl.org.uk

🌐 changegrowlive.org/be-smoke-free/home



**Change
Grow
Live**

Smokeless Doesn't Mean Harmless

Did you know that chewing betel nut, paan, or products like zarda often means you're also taking in harmful tobacco?

These products can damage the mouth and, over time, increase the risk of cancer in the mouth. Tobacco can also cause other cancers, heart disease and high blood pressure.

Bowel Screening

Let's boost Cheetham & Crumpsall's bowel screening uptake

Dear readers, we in Cheetham and Crumpsall are continuing to fall behind the rest of the UK when it comes to completing our bowel cancer screening.

We want to see those rates increase as **9 in 10 people will survive bowel cancer if we catch it early!**

Bowel cancer screening is designed to **detect early signs of cancer before symptoms appear**, when treatment is most effective. The test checks for tiny traces of blood in a small sample of poo. The test is done entirely at home, with clear instructions and no need for appointments or travel.

As well as detecting early cancer, the test can identify polyps - small, non-cancerous growths that can develop into cancer over time. Finding and removing polyps early prevents them from becoming a problem later. Screening is a small action with a big impact.

In England, people aged 50 to 74 are invited to do their bowel cancer screening every two years. The programme is being expanded gradually, so some people may receive their first kit at 52 depending on where they live and when their birthday falls. Anyone aged 75 or over can also request a kit by calling the free bowel cancer screening helpline on **0800 707 60 60**.

Uptake in Cheetham and Crumpsall remains lower than the national average. When we've spoken to local people, they've said this may be due to a mix of busy schedules, uncertainty about the test, cultural taboos, and general reluctance to think about bowel habits. But **avoiding the subject doesn't make the risk disappear**.

Community groups, GP practices, and local volunteers are now working together to raise awareness. Posters and information leaflets are appearing in shops, community centres, and places of worship. Local organisations are encouraging residents to look out for the screening kit when it arrives and to complete it as soon as they can.

Bowel cancer is one of the most common cancers in the UK, but it is also one of the most treatable when caught early. Screening is one of the simplest ways to protect your health, and participation from the community can make a real difference.

When the envelope arrives, don't ignore it. Completing the test takes only a few minutes, and returning it could be one of the most important steps you take for your long-term health.

NHS

9 IN 10 PEOPLE SURVIVE BOWEL CANCER IF CAUGHT EARLY
We'll show you what to look for

How to use the bowel screening kit...

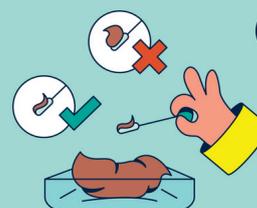
1 SIGN

Jot the date on your test kit



2 SCOOP

Catch your poo in a clean container, then gently scrape a tiny bit with the stick



3 SEAL

Pop the stick in the tube and seal it tight



4 SEND

Send off your kit using the prepaid envelope. Easy!



Heart Health

During Heart Health Awareness Month, The Manchester Local Care Organisation and Freshrb Health Media launched Cardio Conversations — a powerful podcast series dedicated to breaking down cardiovascular disease (CVD) and putting heart health back where it belongs: in the hands of the community.

Heart disease remains one of the leading causes of premature death in the UK, with cities like Manchester experiencing disproportionately high rates, most especially ethnic minorities. Yet the message at the heart of this series is one of hope: much of CVD is preventable.

Through honest conversation, expert insight, and lived experience, Cardio Conversations aims to raise awareness, inspire action, and remind listeners that it is never too early or too late to care for your heart.

- Episode 1 - Understanding the Basics of Your Heart Health - what cardiovascular disease is and why heart health matters.
- Episode 2 - The Holistic Approach to Your Heart Health - exploring how physical health, mental wellbeing, lifestyle, and community are deeply interconnected.
- Episode 3 - You Can Start Now - practical, achievable steps towards prevention.
- Episode 4 - Ignorance Is Not Bliss in Matters of the Heart - challenging common myths, avoidance, and fear surrounding heart health.
- Episode 5 - Manchester Cares About Your Heart - featuring Manchester's Director of Public Health, Dr Cordelle Ofori.



CARDIO CONVERSATIONS
TALKS ABOUT THE HEART

EVERYDAY PEOPLE
TALKING HEALTH

Spotify Apple Podcasts



Cardio Conversations is more than a podcast; it is a movement rooted in community, culture, and care. And a reminder that when we talk about the heart, we are talking about life itself.

- ✉ info@freshrb.com
- 🔗 www.freshrb.com
- ▶ youtube.com/@HealthFilmsTV
- 🎧 open.spotify.com/show/2yM9PgSMEMDLPA8oZB0XrH



Bringing Together the Community

Since the terrorist attack at Heaton Park Synagogue, organisations have been working closely with local residents and community groups to rebuild relationships and strengthen community cohesion.

Organisations involved include:

- Manchester City Council
- Greater Manchester Police (GMP)
- Greater Manchester Fire and Rescue Service
- NHS services
- Manchester Local Care Organisation (MLCO)
- Local voluntary, community, faith and social enterprise organisations.

Our teams have spent time listening to concerns, understanding the impact on neighbourhoods, and supporting partners to respond in ways that bring people together. This has included direct engagement with residents, reassurance activity, and collaboration.



Alongside this, we are supporting a range of community-led cohesion activities, including:

Mad Theatre Company is delivering drama-based workshops for children across local schools and faith settings.

North Manchester Community Partnership (NMCP), working with Jewish Action for Mental Health (JAMH), are delivering cohesion and dialogue activities, including training on managing difficult conversations, community dialogue events, anti-discrimination workshops with young people and a #YouthStandTogether event.

We also co-designed a £15,000 Stronger Together Community Fund in partnership with GMP, MLCO and the Manchester Jewish Museum. This aims to support community cohesion and strengthen relationships in Cheetham and Crumpsall following the Heaton Park Synagogue attack.

A panel of community leaders was established to oversee the process, and the fund has now been open to applications for one month and we have received multiple, exciting applications from across our neighbourhood.

- Bryony Collins, Neighbourhood Officer

NEW: Free Men's Support Groups in Cheetham Hill

UK charity Mentell are starting to offer free, confidential spaces for men aged 18+ to talk openly about life in Cheetham Hill.

Mentell provides both online and in-person circles where men can speak in a safe environment without advice, judgement or pressure.

The concept is simple but powerful: a group of men sitting together, listening to one another. There is no expectation to share, men can simply listen if they prefer.

Andy Walker, Mentell's co-founder and director explains, "There's no pressure, no fixing, no labels, just listening. At the end of the night, everyone leaves feeling a little bit lighter."

What makes Mentell different is its emphasis on equality within the room - no one interrupts, no one tries to solve anyone else's problems. The space belongs to whoever is speaking.

"Sitting in a circle with other men might feel daunting," Andy Walker adds. "But it's as normal as going to the gym, eating, or breathing. It's not weird. It's not therapy. It's just men, being human - together."

With rising conversations around men's mental health and the importance of community support, Mentell's arrival in Cheetham Hill offers a new, accessible option for local men who may need somewhere to talk.

The groups are free to attend and run weekly. For more details, or to sign up to join a circle, visit: mentell.org.uk/signup



Spotlight on:



North Manchester
Community Partnership

North Manchester Community Partnership

We support local residents across North Manchester with practical help, training, advice, and community activities such as:

- Free English and Digital Skills classes, we run work clubs providing CV writing support, job search assistance and interview preparation.
- Information advice and guidance on benefits, welfare, housing and Universal Credit.
- Immigration support & assisted digital help – including guidance for asylum applications, visas, citizenship and travel document queries.

We run various classes - sewing, exercise, English language (ESOL), art, cooking and coffee mornings. All our services and classes are free.

If you're interested, come along to the Simpson Memorial Hall, Monday, Tuesday and Wednesday between 9am and 3pm.

Find out more: nmcp.org.uk



Images of art classes



Exercise classes



From March 23rd to May 10th we will be moving from the Simpson Memorial Hall to Moston Methodist Church, Moston Lane.

Are you looking for some gentle exercise this summer? Why not try crown green bowls at Cheetham Hill Community Sports Club on Catherine Road, Higher Crumpsall.



Bowls is:

- Light and fun exercise
- easy to master
- suitable for all ages
- great for mental health and wellbeing
- a good way to meet new people.

We are friendly and welcoming group, anxious to demonstrate the positive effects of bowling (think curling without the ice, stones and brushes!) No experience is necessary, we'll show you how.

We meet on Wednesday evenings from May to September between 7.00 and 8.30pm

For further information you can just drop in for a brew and a biscuit, watch a game or give it a try. You will receive a warm welcome and enjoy some good company. Alternatively, you can contact:

- Barbara Kinch on 0771 421 4998
- Benice Task on 0793 099 2404

Clean and Green

Cleaner Crumpsall litter pick



Who are we?

- **Close Neighbours** is a greening group, formed in March 2011.
- **Cleaner Crumpsall** is a litter-picking group that was started in 2018 by local groups meeting together.

How did you start the community group, Close Neighbours?

Close Neighbours started as a residents' group to help tackle some of the issues in the local area. Greening started in Mariman Drive, Crumpsall, clearing the path to the woodlands. We then worked on the end of Dinorwic Close, creating another path into the woodland. We transformed the area, planting thousands of bulbs.

Who got involved in Close Neighbours?

Close Neighbours worked with many organisations, including the Police, Biffa, local councillors, Tesco and housing providers.

So how did you form Cleaner Crumpsall?

We formed Cleaner Crumpsall to focus on litter-picks. Cleaner Crumpsall was born out of common cleanliness issues throughout the streets of Crumpsall. We realised the amount of litter in the local area was spoiling things for everyone.

We brought together smaller local groups so we could have a large impact and make a huge difference. Meetings had a rotating chair so everyone had chance to lead and get their say. From small beginnings a really strong group has developed.

Nobody wants to do it on their own, get someone else who feels as passionate as you do and start a group!

How was it organising the litter-picks for the local community at the start?

The first litter-pick we didn't know what we were doing and when I think back to how we started, it was a lot of planning and thinking about each event but now it's very slick process.

How did you build the profile of the group?

We have large vinyl banners on railings in a few spots around the community. This has helped us to get really well known.

Cravenwood Primary School in Crumpsall saw one of our banners and reached out to get involved as part of the environmental work they were doing. 30 children came along with teachers, the kids were really keen and were so happy to get involved that by the end they were asking their teachers "Can we do another one next week please miss?"

What challenges have people shared about managing their household waste properly?

Young people have told us that they need to teach their parents about how to manage their waste. We'd like to do more work with schools and young people to help with this, so everyone knows how to manage their waste, how to book bulky collections for free and how to report fly-tipping or dumped rubbish in their area.

How has the group reached people?

There's a new family that have moved to the area and come along to our litter-picks and they told us this has helped to integrate them into the local area and they're incredibly grateful for it. We've also had volunteers come from outside of Manchester to volunteer.

What's your advice for anyone looking at starting their own community litter-pick?

Overall the biggest thing for us, is being hospitable and giving people food and a cup of tea. When we first started, a lot of people thought the volunteers were doing community payback, so now we have branded high vis vests.

It's grown and become community focused and people really enjoy the after-event refreshments where there's a great opportunity to be in a welcoming environment and have a friendly chat to find out about the area.

Email: cleaner.crumpsall@hotmail.com

Photographs of the groups through the years



Great British Spring Clean

The Great British Spring Clean campaign runs from the 13th March - 29th March. It is the perfect opportunity for everyone to get onboard with Keep Manchester Tidy's vision for a clean and green Manchester.

Last year's Great British Spring Clean was amazing with over 100 events and more than 3,000 litter pickers loaned out.

This year we want to do even more to ensure everyone feels the vast benefits of the campaign from helping wildlife and protecting pets to creating connections and boosting mental health.

Find out more at manchester.gov.uk/people-and-communities/keep-manchester-tidy

Join the Facebook group: [keepmcrtidy1](https://www.facebook.com/keepmcrtidy1)

How can I get involved?

Events will be taking place across Manchester and the rest of Great Britain. The events closest to our neighbourhood are:

- **21st March - The Great Big Cheetham Clean** - 2pm to 3:30pm, meet at Khizra Mosque, M8 0PF
- **24th March - The Great Big Rochdale Road Litter Pick** - 11am to 2pm. This huge event has at least 10 litter picking stations between Blackley Library and Angel Meadow.
- **27th March - Keep Manchester Tidy City Centre Rubbish Tour and City Co Event** - 11am to 2pm. Meet at the cenotaph on St Peter's Square for a litter-pick tour of the city centre.



ÓDR HIRD Educational Charity Medieval Crafts and Training



ÓDR HIRD Educational Charity invites you for a day with Vikings and Slavs, you can meet our group, see some great fighting as well as early medieval crafts

When: 11 April 2026
11:00am till 15:00pm
Where: Crumpsall and Cheetham Model Allotments M8 0GR



Free Entry/ Donations Welcome

Follow us on Instagram/Facebook Odr Hird

Contact us Facebook Odr Hird

email: admin@odrhird.org

Gardening for wellbeing

Do you want to get outside and meet new people? Come to our nature for health sessions.

Thursdays 10am - 12pm
5th March - 23rd April

The Guidance Hub
389 Waterloo Road,
Cheetham Hill, M8 9AB



Arts, History and Culture

Manchester Jewish Museum – bringing our communities together



Manchester Jewish Museum has an exciting year ahead working with our local communities on community cohesion projects.

As co-organisers of the Cheetham Festival along with community organisations and members, we are delighted to announce the Spring Fling! It will take place at St Thomas's Church, Crumpsall on Sunday 10th May 12 noon to 4pm. We warmly invite everyone to come and join us to help celebrate our communities and cultures.

We are working with Jewish and Muslim communities to support collective healing, through art, food and conversation, and to make connections in the wake of recent terrorist attack in Crumpsall. We warmly welcome Muslim and Jewish organisations in the area, so please do get in touch if you would like to be involved.

Cheetham and Crumpsall residents are invited to join our free monthly foodie and song-writing

groups as a great way to meet people from other communities. Membership is open all year round.

The Jewish Museum has a great events programmes and family holiday activities so do check out our website for details. All our M8 neighbours have free entry to the Museum during opening hours so we invite everyone to come and visit us. The café sells the most gorgeous soups and cakes, has new gifts in our shop and is a great local place for lunch. See you there!

Website: manchesterjewishmuseum.com

Phone: 0161 834 9879

Address: 190 Cheetham Hill Road, M8 8LW



Crumpsall Concert Band – welcoming new players

**Do you or did you ever play a brass or woodwind instrument?
Want to join a progressive, friendly, community ensemble to
reignite or further your musical aspirations?**

We have two bands for you to join, you can choose one, or both:
Training Band (for returners) and Concert Band.

We have instruments available to loan for FREE if you need one.

We meet at Methodist Church Crumpsall, Lansdowne Road, M8 5SF.

For more information, please visit: crumpsallconcertband.co.uk
or email: crumpsallband@hotmail.co.uk



Crumpsall Concert band photos

Arts, History and Culture

Manchester Jewish Museum co-curates Holocaust Memorial Day with local young people

On Sunday 25 January, Manchester Jewish Museum opened its doors free of charge to mark Holocaust Memorial Day, welcoming over 100 visitors in just four hours and placing young people at the heart of the commemorations.

Holocaust Memorial Day commemorates the anniversary of the liberation of Auschwitz-Birkenau, the largest Nazi death camp. Each year it brings people together across the UK to remember those who were murdered, learn from the past and reflect on how to build a more compassionate future.

To mark the day, the museum worked closely with young people from the New Testament Church of God Youth Club (NTCG) in Cheetham Hill and year six pupils from King David School.

The young people explored stories from the museum's collection about Mancunian Jews whose lives were affected by the Holocaust. Inspired by this year's theme, Bridging Generations, they responded by creating thoughtful multimedia artworks reflecting on memory, identity and the relevance of these stories today.

Children from NTCG also collaborated with the museum café to help design a special vegetarian menu inspired by the stories they explored, including Czech goulash and orange cake, which visitors could sample on the day.

Visitors were able to view the temporary exhibition of youth-created artworks, take part in creative activities, and explore the museum's permanent galleries and its stunning 1874 Spanish and Portuguese synagogue.

The event demonstrated the powerful role young people can play in keeping Holocaust memory alive and meaningful for future generations.

Find us: Manchester Jewish Museum, 190 Cheetham Hill Road, M8 8LW

Contact us: 0161 834 9879

Website: manchesterjewishmuseum.com



Richard McCarthy from Manchester Jewish Museum cooking with Heaven & Sydney from New Testament Church of God Youth Club.



Left: food from the co-curated menu. Top right: part of the exhibition Bridging Generations. Bottom right: Irvine taking part in a crafts workshop during the museum's open day.

Oxfam Manchester Superstore

Your community charity department store

Oxfam's Manchester Superstore at Manchester Fort isn't just a place to shop, it's a space to connect.

Set across two floors, packed with an ever-changing mix of pre-loved fashion, vintage treasures, books, music, homewares and unique finds. You'll also discover Oxfam's ethically sourced new products, making it a destination for conscious shoppers who love something a little different.

But what really sets this superstore apart is its atmosphere. With wide, open spaces and a welcoming layout, it's designed to be more than retail, it's a community hub. Meet friends for a browse, bring your community group for a get-together, or take a break in the café space with coffee and cake!

Volunteer with us

The superstore is also looking for volunteers, offering flexible opportunities to gain retail experience, meet new people and support a fantastic cause. Whether you have a few hours a week or more time to give, volunteering here is a chance to build skills, grow confidence and be part of something bigger.

Avin has been volunteering for 1 month, serving customers at the till and putting out fresh stock for people to purchase. "I enjoy volunteering at the superstore because I like to help people and it's good for gaining experience".



Make a difference

Every purchase and every volunteered hour, helps fund Oxfam's work tackling poverty and inequality worldwide. So gather your friends, explore the rails, and discover a shop that's truly so much more than a shop.



Contacting us

Email: Oxfamshopf9009@oxfam.org.uk
Phone: 0161 641 3950

Find us

Oxfam Superstore, Unit 28, The Fort Cheetham Hill Rd, Cheetham Hill, M8 8EP

Book to use our free community space

The Community Hub is a free to use space next to our café. It is a great space for crafting, book clubs, community engagement events. It has previously hosted Christmas market stalls and an art exhibition.

Please get in touch to book.



Cost of Living

Help for All: Cheetham & Crumpsall Anti-Poverty Group

The Cheetham and Crumpsall Anti-Poverty Group launched 2 years ago. Our main aim is: **How can we work together better to support residents experiencing difficulties related to the cost of living crisis and access to anti-poverty provision and support?**

Our key activities are:

- Promotion of local community activities and groups
- Referring local people into services that can offer support and advice and resolve issues before people are in crisis
- Helping people to save money on their energy bills.

The Cheetham and Crumpsall Anti-Poverty Group in numbers:

- Led by 15 community organisations and charities - supported by the Council's Neighbourhoods team, health development coordinators, and Manchester Climate Change Agency - we welcome new organisations.
- Active for 2 years
- 9 community events held
- Over 2,000 local people attended our events
- We have made over 5000 referrals into advice services, youth and play activities and health services
- Partners have provided £1,000s of vouchers and support.

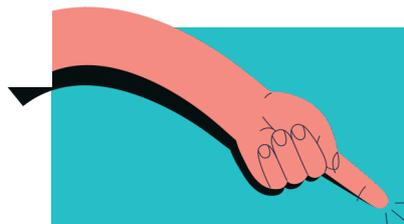
We want to create a warm welcome for everyone to enjoy and create - a space where our neighbours get up-to-date information and access to support.

Every event is hosted in a community space, with a full hot meal and healthy snacks for everyone who attends, lots of free and fun craft and play activities for all of the family, lots of gifts and prizes including winter warm packs, children's books, clothes swap shops, and energy-saving items for the home.

We have had hundreds of conversations about how the cost of living is impacting local people. We have learned a huge amount about people's access to local services, which is already changing the way in which future vaccine rollout and anti-poverty work is targeted to better support our local residents.

We are looking forward to 2026 and 2027 where we hope to not only run more of our family fun events but also to improve the direction of any funding we get to support residents even better into the future.

For information about what we have planned or how to get your organisation involved, contact: **marysia@nmcp.org.uk**



Want help with...



Call Manchester's free Cost of Living Advice Line

0800 023 2692

Mon-Fri 9am-4.30pm

text 07860 022 876

manchester.gov.uk/coladvice

Faith in Action: Khizra Mosque

Serving Manchester This Ramadan

Every year during Ramadan, Khizra Mosque becomes much more than a place of worship. Welcoming around 10,000 visits each week, Khizra Mosque has been part of Manchester life since 1977, working closely with local schools, charities, health teams and community organisations to promote understanding, wellbeing and unity.

Supporting families and individuals

Throughout Ramadan, volunteers prepare and distribute food parcels to families facing financial hardship. The mosque offers a warm and welcoming space. With the rising cost of living, this support has become increasingly important.

Alongside this, daily Iftar meals are provided throughout the month, funded entirely through generous donations from members of the community. Each evening, people from different backgrounds come together to share food.

Volunteers also visit care homes, hospital staff, fire stations and other local services to share food and appreciation, strengthening relationships across the city and recognising the people who serve Manchester every day.

Unity Iftars

A highlight of Ramadan is the Unity Iftars, where Khizra Mosque welcomes guests from different faith communities and local organisations. This strengthens relationships across Cheetham Hill.



Working with schools and young people

Community cohesion begins with education. In the weeks leading up to Ramadan, Khizra Mosque volunteers visit local schools to talk about Ramadan and answer pupils' questions, helping young people understand the meaning of fasting, charity and community spirit.

Throughout the year, Khizra Mosque runs regular youth activities such as: Duke of Edinburgh, volunteering and spiritual development sessions. These programmes help young people grow in confidence, character and leadership while feeling connected to their community.

Promoting health and wellbeing

Khizra Mosque also hosts health awareness stalls and information sessions during Ramadan, offering advice on blood pressure checks, cancer awareness and healthy eating — particularly important when eating patterns change during fasting. Many of these sessions are supported by local health professionals, reflecting the mosque's commitment to combining faith, wellbeing and practical community care.



EID
FAMILY FUN DAY
KHIZRA MASJID

BBQ, FOODS FROM AROUND THE WORLD, GO-KARTS, BOUNCY CASTLE, FACEPAINTING, HENNA/MEHNDI, CLOTHES, ZORB BALL GAMES, AND MUCH MORE!

SATURDAY 28th March 2026
11AM - 6PM

KHIZRA MASJID
425 CHEETHAM HILL ROAD
MANCHESTER M80PF

FOR FURTHER DETAILS PLEASE CONTACT ATIF ZEB ON 07939 032 721

Age-Friendly Benches

23 benches have been installed in our neighbourhood

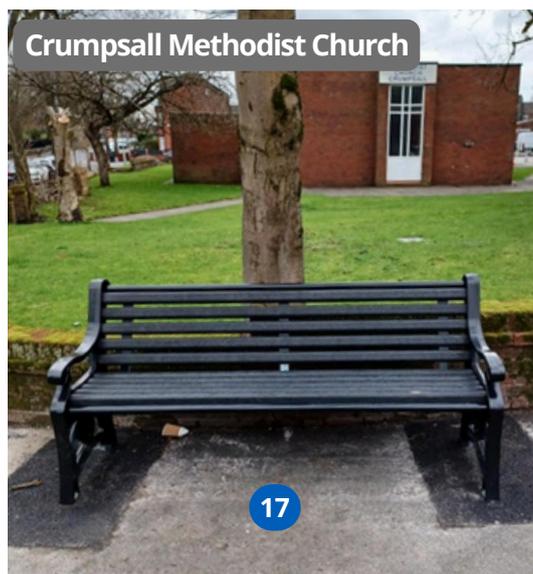
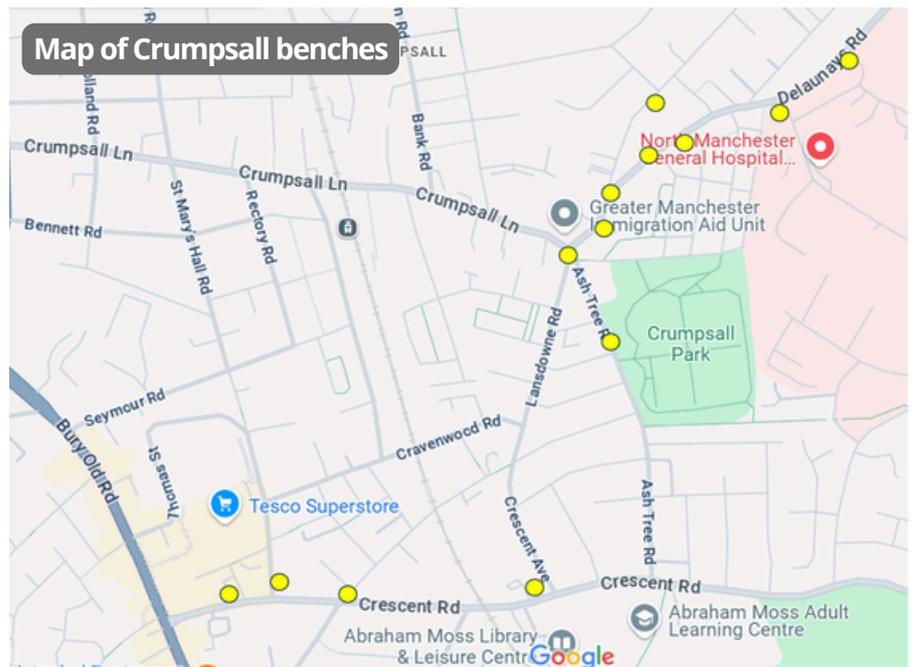
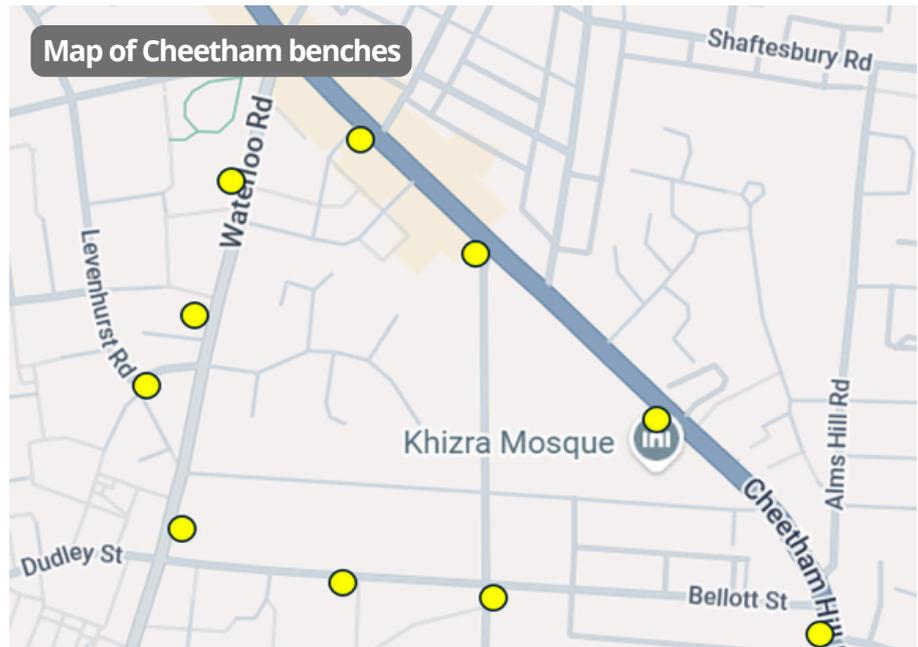
The benches enable our residents to feel more confident to go out, knowing they have a rest stop available to them more frequently or just a spot to sit and wait for a taxi or watch the world go by whilst chatting to a stranger.

10 benches have been installed in Cheetham and 13 have been installed in Crumpsall.

The benches have been installed in key locations for our older residents, such as faith spaces, parks, GP practices, post offices, community venues and rest stops for walking to local shops.

This is part of a citywide initiative where 86 age-friendly benches have recently been installed across Manchester.

We have had fantastic feedback so far. The benches have been really welcomed and appreciated by the community.



What's On: Cheetham & Crumpsall

MONDAYS: Loveworld Seniors Group - arts & crafts with refreshments.
2:30pm at 5 Knowsley Street, M8 8QN.

Older people

TUESDAYS

- **Age-friendly swim and social**, 10am to 11am at Abraham Moss Leisure Centre. FREE for over 60s.
- **Age Friendly Coffee Morning**, 11am to 1pm at Abraham Moss Library. No need to book. FREE.
- **Exercise to suit all levels**, with a focus on older people. 11am-12pm at Guidance Hub, 389 Waterloo Road, Cheetham Hill, M8 9AB. To book on please contact Hope Well on 07547 201 644 or info@hopewellmcr.org.uk

WEDNESDAYS

- **Over 60's Lunch and Bingo**, 12pm-4pm at Ukrainian Centre. £5 for hot meal, tea/coffee and cake and Bingo.
- **Irish Community Care Lunch Club**, 12 noon to 2:30pm at The Irish Centre. No need to book. FREE.
- **Rainbow Surprise Walking Cricket** for 50+ years, 5pm to 6pm, at Abraham Moss. FREE Contact 0792 894 1039.

College of the Third Age

For over 35 years, we have been organising classes, activities and events for people aged over 50 in Crumpsall. Currently we offer ten different weekly classes and activities so there is bound to be something for you to enjoy. Why not come along?

📍 We are based at Crumpsall Community Hall,
Cleveland Road, Crumpsall, M8 4GS

🌐 www.collegeofthethirdage.co.uk

📘 www.facebook.com/C3ACollege

✉ c3acollege@gmail.com



Tuesday

- Tai Chi 10am - 11am
- Beginners French 11:15am - 12:45pm
- Line Dancing 1:15pm - 3:15pm

Wednesday

- 50+ Health and Interest 10:30am - 12:30pm
- History and Interest 1pm - 3pm
- Singing for Fun 1:15pm - 2:45pm (held in St Matthew's Church)

Friday

- Art 10:15am - 12:15pm
- Creative Writing 10:30am - 12:30pm
- Intermediate French - 12:45pm - 2:45pm
- Craft - 1pm - 3pm

Booth Centre

The Booth Centre offers people the opportunity to try new things through their Activities Programme. **As part of helping people to move off the streets and break the cycle of homelessness, they offer a variety free activities for people to get involved in.**

Address: Booth Centre, Edward Holt House, Pimblett Street, M3 1FU

Email: info@boothcentre.org.uk

Phone: 0161 835 2499

Website: boothcentre.org.uk/activities-programme

MONDAYS

- **Women's physical activity exercise session** at Khizra Mosque, 10am.
- **Women's Indoor Cycling & Coffee Morning** at Khizra Mosque, 11am.
- **Strength Building Exercise** to suit all levels, 11am-12pm at Guidance Hub, 389 Waterloo Road, M8 9AB. FREE. To book on please contact Hope Well on 07547 201 644 or info@hopewellmcr.org.uk

Women-only

TUESDAYS: Mother & Toddler Exercise & Coffee, 10am at Khizra Mosque.

Khizra Mosque contact information:
0161 205 6662 or info@c4all.org.uk

WEDNESDAYS: Yoga, relaxation & breathwork, 10:30am-11:30am at Guidance Hub, M8 9AB. To book on please contact Hope Well on 07547 201 644 or info@hopewellmcr.org.uk

THURSDAYS:

- **Ladies Chit, Chat & Chai Group**, 12pm first Thursday of each month, at Guidance Hub. FREE.
- **Women's Group** - Building your confidence, learning some English and improve your wellbeing. Traditional classroom learning, hands-on workshops, games, chat and snack sessions. The Welcome Centre, 18-32 Brentfield Avenue, Cheetham Hill, M8 0TW.

RAINBOW SURPRISE FOOD SUPPORT

11am-3pm at Crumpsall Community Hall. Contact Shabnam 0775 185 5229 shabz@rainbowsurprise.com

- Community Shop: Mondays, Tuesdays, Thursdays & Fridays
- Community Fridge: Mondays & Fridays

All adults

MONDAYS

- **Knitting and Crochet Group**, 10am to 12pm at Rainbow Surprise, Crumpsall Community Hall. FREE.
- **Board Games and Dinner** at Rainbow Surprise, Crumpsall Community Hall. FREE. 5:0pm-7:30pm. Contact Shabnam 0775 185 5229 shabz@rainbowsurprise.com
- **Sip & Chat** with refreshments, crafts and socialising, 11am at Seventh-day Adventist Church, Humphrey Street
- **Digital Inclusion Drop-in** at Woodville Family Hub, 9:30am – 11:30am. No need to book – just drop-in.
- **Talking Circle** – 10am to 12pm at The Welcome Centre, 18-32 Brentfield Avenue, M8 0TW.
- **Citizen's Advice Information drop-in** at Abraham Moss Library – help with housing, welfare rights, energy and bills, using the internet etc. 9am to 12:30pm. No appointment needed. FREE.
- **Crumpsall councillor drop-in** advice session/councillor surgery at Abraham Moss Library, M8 5UF. 6pm – 6:30pm.
- **Podilya Dance Group** – 7pm at The Ukrainian Centre, 31 Smedley Lane, M8 8XB
- **British Taekwondo**, 6pm at Khizra Mosque. Contact: 0161 205 6662 or info@c4all.org.uk

TUESDAYS:

- **English classes**, 9:30am and 12pm at Guidance Hub.
- **Orlyk Dance Group** with Orylk School of Dancing 8pm at The Ukrainian Centre, 31 Smedley Lane, M8 8XB
- **Zumba Dance Exercise Class** (suitable for beginners) 11am at Seventh-day Adventist Church, Humphrey Street
- **Strength & Balance/Mobility Exercise Class** (suitable for all levels). 12pm at Seventh-day Adventist Church, Humphrey Street
- **Percussion Orchestra/African Drumming** (all welcome). 5pm at Seventh-day Adventist Church, Humphrey Street
- **English Classes**, 10am-12pm (intermediate) and 12:30pm-2:30pm (pre-entry) at The Welcome Centre, M8 0TW.
- **Art Classes** at The Welcome Centre, M8 0TW, from 10:30am-12:30pm. £20 for 5 lessons or £5 for 1, plus £1 material fee. Contact tutor directly enroll.clayground@gmail.com

WEDNESDAYS

- **Gardening Club** at Guidance Hub, 10:30am. FREE.
- **Arts and Crafts Group** by Creative Community at St Matthews Church at 10am. £3 but first session is free.
- **Digital Drop-in** at Abraham Moss Library. 12:30pm to 2:30pm. No need to book, just turn up. FREE.
- **Talk English Conversation Club** at Abraham Moss Library. suitable for beginners, 12:30pm to 2:30pm.
- **Bowls** at Cheetham Hill Sports Club. If interested, call 0161 740 1728 or email info@cheethamhillsportsclub.com
- **MAES Talk English session** at Woodville Family Hub, 10am – 12pm. Call 0161 234 3000 to book a place.
- **Explore Cooking Session** at Khizra Mosque, 2pm.
- **Learn to ride a bike session** at Khizra Mosque, 5:45pm.
- **Cheetham councillor drop-in** advice session/councillor surgery at St. Chad's Primary School, M8 0SP. 6pm – 7pm.
- **Calligraphy Class** at Wai Yin Society Welcome Centre, M8 0TW. 10am – 12pm. For more info call 0161 513 4126
- **Training Band** (For people that can read sheet music at a basic level) – 6pm to 7pm. Speak to us before you attend to find out more – crumpsallband@hotmail.co.uk Website: www.crumpsallconcertband.co.uk
- **Concert Band** (For more experienced players – Grade 3 and above) 7:30pm to 9:30pm. Speak to us before you attend to find out more – crumpsallband@hotmail.co.uk Website: www.crumpsallconcertband.co.uk
- **Explore cooking session**, 2pm. Khizra Mosque. Contact: 0161 205 6662 or info@c4all.org.uk
- **Learn to ride a bike session**, 5:45pm at Khizra Mosque. Contact: 0161 205 6662 or info@c4all.org.uk

THURSDAYS

- **Community Walk for All**, 1:15pm at Khizra Mosque. FREE.
- **Chair based exercise and activities** by Empower M8 at Welcome Centre 10am to 12pm. FREE.
- **Bi-monthly Carers Space** at Cheetham Primary Care Centre. 1:30pm-3pm.
- **MAES Talk English session** at Woodville Family Hub, 9am – 12pm. Call 0161 234 3000 to book.
- **Talk English class** at Khizra Mosque, 12:30pm.
- **Digital Classes** (For people who have lived in the UK for over 3 years) at Welcome Centre, M8 0TW, 10am to 12pm
- **Talk English class**, 12:30pm at Khizra Mosque. Contact: 0161 205 6662 or info@c4all.org.uk
- **Community Walk**, 1:15pm at Khizra Mosque. Contact: 0161 205 6662 or info@c4all.org.uk

SATURDAY: Community gardening & advice session, 2pm at Khizra Mosque.

SUNDAY: Orlyk Dance Group with Orylk School of Dancing, 8pm at The Ukrainian Centre, M8 8XB

MONDAY: Men's Brazilian Jiu Jitsu session, 7:30pm at Guidance Hub - £2 per session.

WEDNESDAY: Men's gym, health & fitness class, 7:15pm at Khizra Mosque.

FRIDAY: Men's social club, gym & chai, 2:30pm at Khizra Mosque.

SUNDAY: Men's gym, cycling & walking, 11am at Khizra Mosque.

Men only

Khizra Mosque contact information:
0161 205 6662 or **info@c4all.org.uk**

What's On: Cheetham & Crumpsall

Young people

MONDAYS

- **Music Workshop** (5 years and over), 5pm to 6pm. 1 Tamerton Drive, M8 0DH
- **Brazilian Jiu Jitsu**, 6:30pm at Guidance Hub for girls and boys aged 7-16 years. £2 per session.
- **Busy Bee's Soft Play session** at Woodville Family Hub. 10am-11am. For babies ages 12 months to 23 months. Call [0161 234 3000](tel:01612343000) to book a place.
- **Power Next Generation - Black Girls Planet** - 5:30pm to 7pm at Abraham Moss Library
- **Young People Board Games and Dinner** (for ages 14 to 16 years) FREE, - 5:30pm to 7:30pm at Rainbow Surprise, Crumpsall Community hall. For more details, contact Ferhan: [0755 245 5248](tel:07552455248) or ferhan@rainbowsurprise.com

TUESDAYS

- **Cricket** with Rainbow Surprise, delivered by professional cricket coaches at Abraham Moss Leisure Centre. 5pm to 6pm for 8-11 year olds and 6pm to 7pm for 12-16 year olds. For more information contact Arslaan [0792 894 1039](tel:07928941039).
- **Storytime for little ones** and their grown-ups at Abraham Moss Library, 11am to 11:30am, term-time.
- **Doodle Bugs physical activities** at Crumpsall Sure Start for 2 years and older. 1-2pm. Call [0161 234 3000](tel:01612343000) to book
- **Drama workshop** with MAD Theatre Company, 6pm to 7:30pm at Khizra Mosque: rob@madtheatrecompany.co.uk
- **Steel Pan Workshop** for young people aged over 7 years, at 1 Tamerton Drive, M8 0DH. 5pm-6pm. FREE.
- **Groundwork Youth & Play session** at Crumpsall Park Visitor's Centre. 5:30-7pm carlos.dore@groundwork.org.uk
- **Kid's Chess Club** at Abraham Moss Library (new starters welcome), 3pm to 5pm. FREE.
- **Drama class** (Under 11s), 5pm at Khizra Mosque. Contact: [0161 205 6662](tel:01612056662) or info@c4all.org.uk
- **Girls Youth Club**, 6:45pm at Khizra Mosque. Contact: [0161 205 6662](tel:01612056662) or info@c4all.org.uk

WEDNESDAYS

- **Homework Club** (5 years and over), 5:15pm-7pm at 1 Tamerton Drive, M8 0DH. FREE. Run by Power Next Generation/Iziko Youth Next Generation. Limited spaces so please email powernextgeneration@gmail.com
- **Pre-loved clothing drop-in** at Woodville Sure Start Centre from 9:30am to 11am. FREE.

THURSDAYS:

- **Busy Bees Soft Play** at Woodville Sure Start, 11am-12pm. For 2 years and older. Call [0161 234 3000](tel:01612343000) to book
- **Baby Caterpillars baby sensory** session at Woodville Family Hub, Call [0161 234 3000](tel:01612343000) to book a place.
- **Groundwork Youth Club** (11-16 years) 4pm to 6pm at 1 Tamerton Drive, M8 0DH. FREE. Book via [07739 978 798](tel:07739978798).
- **Beavers** (6-8 years old) – Make friends, earn awards and try new activities – 6:30pm-7:30pm (term-time) at Methodist Church Crumpsall. Contact 434thManchester@nmdscouts.org.uk for more information.
- **Cubs** (8-10 years old) – Learn practical skills while having adventures with friends – 6:30pm-7:30pm (term-time) at Methodist Church Crumpsall. Contact 434thManchester@nmdscouts.org.uk for more information.
- **Boys Youth Club** (primary school age), 6:45pm at Khizra Mosque. Contact: [0161 205 6662](tel:01612056662) or info@c4all.org.uk

FRIDAYS

- **Doodle Bugs physical activities** for 2+ at Woodville Family Hub. 1:30pm – 2:30pm. Call [0161 234 3000](tel:01612343000) to book.
- **Drama Workshop** by MAD Theatre Company (5 years and over), 5:30pm-7pm at 1 Tamerton Drive, M8 0DH. FREE.
- **Boys Youth Club** (10 to 16 year olds) at Guidance Hub at 6:15pm. NOW FREE!
- **Junior Dance Group** with Orylk School of Dancing (4-12 years old) 6:30pm at The Ukrainian Centre, M8 8XB
- **Boys Youth Club** (high school age), 6:45pm at Khizra Mosque. Contact: [0161 205 6662](tel:01612056662) or info@c4all.org.uk

SATURDAYS

- **Boys Football**, 10am at Guidance Hub. FREE.
- **Kid's Games Club** at Abraham Moss Library – No need to be bored with our board games club! 10am-12pm. FREE.
- **Abraham Moss Warriors Youth Club** (7-11 year olds) 5pm-8pm. £1 per session. Abraham Moss Library
- **Girls football, gym & boxing session**, 1:45pm at Khizra Mosque. Contact: [0161 205 6662](tel:01612056662) or info@c4all.org.uk
- **Boys Football Academy** run by Khizra Mosque, 2pm at Cheetwood Community Primary School, M8 8EJ.
- **Tuition classes** key stages 1, 2 & 3 and GCSE, 2pm at Khizra Mosque. Contact: [0161 205 6662](tel:01612056662) or info@c4all.org.uk
- **Boys Boxing**, 3:30pm at Khizra Mosque. Contact: [0161 205 6662](tel:01612056662) or info@c4all.org.uk

SUNDAYS

- **Rainbow Surprise Youth Club** (13-18 year olds) - gardening, safety, badminton music, crafts, performing arts and life skills. 4.30pm-6.30pm at Rainbow Surprise. Contact Ferhan [0755 245 5248](tel:07552455248) or ferhan@rainbowsurprise.com
- **Girls Youth Club (10 to 16 years)** 1pm at Guidance Hub. NOW FREE!
- **Boys Boxercise (7 to 16 years)**, 11am at Guidance Hub. NOW FREE!
- **GCSE Maths Tuition** at Guidance Hub 12pm to 2pm FREE
- **Cricket session** (high school age), 11am at Khizra Mosque. Contact: [0161 205 6662](tel:01612056662) or info@c4all.org.uk
- **Cricket session** (under primary school age), 10am at Khizra Mosque. Contact: [0161 205 6662](tel:01612056662) or info@c4all.org.uk
- **Boys boxing, & gym session** (under 12s), 1:45pm at Khizra Mosque. Contact: [0161 205 6662](tel:01612056662) or info@c4all.org.uk